

# CITY OF ALAMEDA MEMORANDUM



**DATE:** March 1, 2012  
**TO:** Recreation & Park Commission  
**FROM:** Dale Lillard, Director  
Alameda Recreation, Parks & Golf Operations  
**RE:** MONTHLY REPORT – March 1-31, 2012

## Special Events

The **Spring Egg Scramble** will take place on Saturday, March 31 at Robert Crown Memorial State Beach Park in the Crab Cove area from 10:00-11:45 a.m. (rain out date is set for April 7). This event is cosponsored by the Rotary Club of Alameda, East Bay Regional Park District and Alameda Recreation and Park Department. There will be arts and crafts, Mobile Fish Exhibit, the Blue Fairy performance, spring tattoos, photos with a bunny and plenty of candy for the Scramble. Snack food will be sold by the Alameda Youth Committee. All are welcome to this great community and family event.



The **“Egg”stravaganza Coloring Contest** is going on now through March 28<sup>th</sup>. This is the 30<sup>th</sup> year that we have conducted the coloring contest for kindergarteners through fifth graders. Prizes for the top three winners will be awarded in each division. The divisions are K-1<sup>st</sup>, 2<sup>nd</sup>-3<sup>rd</sup>, and 4<sup>th</sup>-5<sup>th</sup> grades. Winning artwork will be displayed at the Alameda Art Association Gallery at South Shore Center. Thanks to all our sponsors: Alameda South Shore Center, Alameda Kiwanis Foundation, Friends of the Parks and Alameda Youth Committee.

## Recreation Division

**Spring Vacation Camp** is a week long recreational camp for youth in kindergarten through 5<sup>th</sup> grades. The camp will take place April 2<sup>nd</sup> – 6<sup>th</sup> at Harrison Center from 9:00 a.m. – 3:00 p.m. The cost of the camp is \$150. This year, participants will receive a special day with a field trip and lunch included.

**RAP, Recreation After school Program** for kindergarteners through 5<sup>th</sup> graders continues to help parents by providing the youth of Alameda with an after school recreation program at selected park sites throughout Alameda. Participants may sign up for either 5, 3 or 2 days a week from after school until 5:30 p.m. each day. RAP sites include Franklin, Leydecker, Lincoln, Tillman and Washington Parks. Currently, Lincoln and Tillman RAP sites are full while Franklin, Leydecker and Washington sites are still accepting participants.

## Teen Program

The **Underground Teen Center** program is continuing to average 30 drop-ins a day. This year, participants have been staying longer and leaving closer to the end of program time (5:00-5:30 p.m.) due to all of the teen activities. The teen staff continues to promote the spring break trip to Disneyland, California Adventures, and Knott's Berry Farm for 6<sup>th</sup> – 12<sup>th</sup> grades. The planning is underway for the Summer Teen Adventure program. The program should be completed by mid-Spring, which due to its popularity, will allow for optimal marketing to Alameda teens.





The **Alameda Youth Committee (AYC)** assisted ARPD at the Father Daughter Dance/Party. The sold out event kept the AYC members busy re-supplying refreshments, assisting with wristlets and bussing tables throughout the event.



There are four members of AYC interested in attending the YAC Attack at "You-niting Youth", a workshop/training that will offer educational sessions, thought-provoking debates, quality networking opportunities and innovative ideas to bring back to their community. The event will be held on Saturday, March 3 in Santa Clara.

The **Alameda Youth Advisory Commission (AYAC)** has met with Alameda Police Chief, Mike Noonan to work on developing a better Alameda Youth Speaks program. AYAC will facilitate a meeting for 20-30 high school students and Alameda Police will dedicate a brief presentation from their Special Weapons and Tactics (SWAT) division. This event is scheduled for Tuesday, March 27, at the Main Library from 4:30-6:00 p.m.



The **Teen Job Search Workshop** is scheduled for late April, and will remain at the Library. The event is cosponsored by the Alameda One-Stop Career Center, the Alameda Collaborative for Children, Youth and Families (ACCYF), the Alameda Free Library, ARPD and the Youth Commission. Pending resources, South Shore may offer to host a job fair after the Job Skills Workshop.

**Parks and Playgrounds** is a free drop-in recreation program. Parents have been especially happy to have the option of attending this program. Our six selected sites throughout Alameda are: Bayport, Franklin, Krusi, Longfellow, Tillman and Washington parks.

### **Youth and Adult Sports**

The **Junior Warrior Basketball Clinic** ends on Saturday, March 3<sup>rd</sup> at the Alameda Point Gymnasium for kindergarten to 3<sup>rd</sup> graders. The participants had a great time and learned many basketball fundamentals.

**Alameda Point Gymnasium** – We continue to see improvements made to the facility.

**Adult Basketball** is well underway at the Alameda Point Gymnasium. This year, there are six teams in the League. Come check the action out on Sunday evenings from 6:00-9:00 p.m. ARPD has begun to collect the 2012 Adult Softball Spring season applications which are now available!



### **Aquatics**



**Adult Lap Swimming** has begun again on Mondays and Wednesdays at the Encinal Swim Center from 7:15-8:45 p.m. The cost is \$4 for adults 16 and up and \$2 for adults 50 and up. The ongoing Aquatics Sports 101 class at Emma Hood is also underway. Come and get your exercise with ARPD!

The **Spring Aquatic Session** is rapidly approaching. The session runs on Saturdays from April 14<sup>th</sup> to May 12<sup>th</sup>. Private and group sessions will be offered as well as Water Walking, Lap Swim and the Tiny Tot Drop-In time where parent and child can get used to the water.



## Senior Services Division

### January Statistics:

Volunteers: 123

Volunteer Hours: 1,822

New Members: 114

Total Membership to Date (July 1, 2011 to January): 3,020

Average Number of Lunches Served Daily: 40

Monthly Sign-ins: 12,453

**Multimedia Art Exhibit** – On **Tuesday, February 14**, Mastick held a reception for artists exhibiting their work created in Mastick Senior Center classes (e.g., stained glass, creative writing, drawing, painting, ceramics, beaded jewelry design, graphic arts, etc.). The exhibit is located in the lobby and runs through May 1, 2012. We encourage you to view their inspirational work.



**Applications are being Accepted for Mastick Senior Center Advisory Board (MSCAB) Positions** – The Nominating Committee is recruiting Mastick members to fill vacant MSCAB positions. Impending Board vacancies may include: President, Vice President, Treasurer, Corresponding Secretary, and Recording Secretary, as well as five Director positions. The commitment varies depending on the position. Officers serve a one-year term while Directors serve a two-year term. Candidates must:

- be members of Mastick Senior Center for at least 90 days in the current enrollment year prior to nomination;
- express interest in the welfare of the Center and senior issues; and
- promote the interests of the Center in the community.

The MSCAB is a working body and candidates must be passionate about Mastick Senior Center, interested in senior trends (long-range planning), fundraising, volunteering, and volunteer recruitment. The Board meets on the **third** Wednesday of the month at 10:00 a.m. (10 months per year) in Room D. If you or someone you know is interested in leadership objectives, please pick up an application form from the Lobby. Applications will be accepted in the Mastick Office through **Friday, March 30, 2012**.



**Delicious Meals on a Shoe-String** – On **Saturday, February 25**, 10 Mastick members joined Chef Jack Rosen at the Alameda Farmers' Market to enjoy seasonal shopping and then returned to Mastick's kitchen to see the possibilities of their harvest. They learned how to stretch their dollar allowing them to make three "incarnations" with the same ingredients. This training taught them to keep the meals interesting when only cooking for one or two person households.

**Great Decisions** – Roger Baer, volunteer, will lead Great Decisions on Mondays beginning **March 5**, through April 23, from 9:30-11:30 a.m. in Dining Room 2. Great Decisions is America's largest discussion program on world affairs. The eight topics for 2012 are: Middle East Realignment, Promoting Democracy, Mexico, Cyber Security, Exit from Afghanistan & Iraq, State of the Oceans, Indonesia, and Energy Geopolitics. The class is limited to 20. The guides are \$30 each and checks should be made payable to ARPD.



**Mastick Senior Center Advisory Board Adds Color to the Center** – The Mastick Senior Center Advisory Board has been at work again beautifying the Center thanks to proceeds generated from the Mastick Thrift Shop and Bingo Program. The Center is more colorful with Iced Teal painted walls in Room D and Sea of Sand painted walls in Room B. The dining room and entrance to the kitchen has a fresh coat of white paint.



**Overview of Legal Assistance for Seniors (LAS) & Consumer Fraud: Scams Targeting Seniors and Tips for Protection and Prevention** – On **Tuesday, March 6** at 1:00 p.m. in Room D, a representative from the LAS will provide an overview on “Scams Targeting Seniors and Tips for Protection and Prevention”. The presentation will explain identity theft in its different forms; provide tactical tips on recognizing and preventing identity theft; discuss common scams and forms of fraud; and, provide information on referral sources and where to get help.

**Alexander Technique and Daily Activities** – The Alexander Technique is a well established and practical method for overcoming physical challenges and achieving optimal health for body and mind. Lenka Fejt, certified Alexander Technique instructor, will outline in this six-part workshop on Wednesdays (**March 7, 14, 21, 28, April 4 and 11**), from 2:00-3:30 p.m. in Dining Room 2, its benefits in every day movements (e.g. exercising, getting in and out of a car, shopping, etc.). This series is designed for new and experienced students. The cost is \$60 per person. Registration and payment can be accomplished in the Mastick Office.

**State of the City with Mayor Marie Gilmore** – The League of Women Voters has arranged for Mayor Marie Gilmore to give a second presentation on the State of the City of Alameda in the Mastick Social Hall at 11:00 a.m. on **Tuesday, March 13**. Take advantage of this opportunity to learn more about Alameda!



**The America's Cup: Racing the Wind** – Douglas Borchert, J.D., SBC, underwriting counsel, columnist, will present “The America's Cup: Racing the Wind” on **Tuesday, March 13**, 1:30 p.m. to 3:00 p.m. in Room D. The story of the America's Cup begins in the mid-19th century with the family of Colonel John Stevens and an invitation to the Crystal Palace Exhibition in London. Mr. Borchert will pick up the story from there and outline the fascinating history of the event. The San Francisco Bay will serve as the beautiful amphitheater for the 2013 pursuit of the Cup. Sign up in the Mastick Office or call 747-7506. *This program is sponsored by the Mastick Senior Center Advisory Board.*

**Senior's Guide to Public Benefits** – On **Tuesday, March 20**, at 1:00 p.m. in Room D, a representative from the Health Insurance Counseling Advocacy Program (HICAP) will provide an overview of a “Senior's Guide to Public Benefits”. This presentation will include an overview of cash benefits including Social Security and Supplemental Security Income; Low-Income Subsidy (extra help) for prescription drugs; explains the Cash Assistance Program for Immigrants (CAPI); and review General Assistance (GA), CALWORKS, and Food Stamp programs. To attend this presentation, sign up in the office or call 747-7506.

**Alleviate Pain with Essential Oils** – On **Tuesday, March 27** at 1:00 p.m. in Room D, Laurie Ratto, RN, HTCP, returns to talk about essential oils that help relieve joint pain and swelling. To learn more about essential oils, join us by signing up in the office or calling 747-7506.

### **Park Division**

The heater at Emma Hood Swim Center was rebuilt.





New bulletin boards were installed at the Krusi, Washington and Leydecker Park tennis courts. The bulletin boards were paid for with a recycling grant and are made from milk jugs.



There were two large diseased cotton wood trees removed that were causing damage to the park and private property. The trees will be replaced in a better location during the new recreation building project later this year.



A large irrigation leak was repaired at Krusi Park.

